



Metro Health Heat Plan

Summer heat in San Antonio can become more than a nuisance for many individuals. Excessive heat can pose a public health threat, causing serious adverse health effects, or even death.

To address these threats, the San Antonio Metropolitan Health District, in conjunction with the Office of Emergency Management of San Antonio and Bexar County and the National Weather Service, developed a heat plan to increase public awareness and lessen health risks during periods of excessive heat.

The heat plan includes the following levels to describe heat conditions, identify risks associated with elevated temperatures and explain possible outcomes:

	Heat conditions	Health effects	Action steps
Level IV	Normal weather conditions	Fatigue possible, after prolonged exposure.	Metro Health conducts heat plan awareness campaign to inform the public of risks and prevention tools in preparing for extreme heat conditions.
Level III	Metro Health will issue a “Heat Outlook” when temperatures reach 100°F or higher, or when the heat index is expected to reach between 90°F to 108°F range for two consecutive days.	Sunstroke, heat cramps or heat exhaustion possible with prolonged exposure.	Hospitals begin passive surveillance to report heat illnesses to Metro Health.
Level II	Metro Health will issue a “Heat Advisory” when the daytime heat index is greater than or equal to 108°F or air temperature greater than or equal to 103°F.	Sunstroke, heat cramps or heat exhaustion likely and heat stroke possible with prolonged exposure.	Information regarding existing cooling locations will be made available.
Level I	When the heat index reaches 113°F or higher or air temperature higher or equal to 105 °F Metro Health concludes that “Heat Advisory” standards have been exceeded, Metro Health will issue an “Excessive Heat Warning.”	Heat, sunstroke highly likely with continued exposure.	Shelters and daytime cooling locations hours adjusted based on demand. Overnight location will open at: Haven for Hope Daytime locations: local malls, public libraries, senior centers nutrition sites, learning and leadership development centers, public gyms and swimming pools.